

TASTY KITCHEN STUDENT SET LUNCH (**NO MSG**)

ALL SERVED WITH FRUITS

PRICE : RM 12.00 (According to school policy, pork and nuts will not be served)

4TH - 31ST JAN 2021

	4 TH MON	5 TH TUES	6 TH WED	7 TH THUR	8 TH FRI
	<p>A) Sautéed noodle with beef /chicken and shrimp Lettuce in oyster sauce with mushroom</p> <p>B) Beef cheese burger with fries Lettuce in oyster sauce with mushroom</p>	<p>A) steamed sauced chicken bun Sautéed cucumber with egg</p> <p>B) Deep fried chicken wing and hash brown potato Sautéed cucumber with egg Dinner roll</p>	<p>A) braised minced beef or chicken with tofu Sautéed cabbage with tomato Rice</p> <p>B) Stewed beef with Japanese curry sauce Sautéed cabbage with tomato rice</p>	<p>A) Braised chicken wing with tomato sauce Sautéed Chinese cabbage rice</p> <p>B) Fried rice with salmon Sautéed Chinese cabbage</p>	<p>A) sautéed sliced beef or chicken with cucumber Sautéed potato with tomato rice</p> <p>B) turkey ham cheese egg sandwich Sautéed potato with tomato</p>

	11 TH MON	12 TH TUES	13 TH WED	14 TH THUR	15 TH FRI
	<p>A) Sautéed sliced beef or chicken with potato Sautéed tomato with egg Rice</p> <p>B) Popcorn chicken with mashed potato Sautéed tomato with egg Dinner roll</p>	<p>A) Sautéed glass noodle with minced beef or chicken Sautéed beansprouts Rice</p> <p>B) Sautéed pasta with beef / chicken sausage and tomato Sautéed beansprouts</p>	<p>A) Fried rice with sliced beef and fried egg Sautéed bak-choy</p> <p>B) Fish and chips Sautéed bak-choy</p>	<p>A) Sautéed fish fillet Sautéed shredded potato and carrot rice</p> <p>B) chicken teriyaki Sautéed shredded potato and carrot rice</p>	<p>A) sautéed sliced chicken or beef with egg, cucumber and black fungus and string bean Rice</p> <p>B) fried rice with sliced chicken or beef with egg string bean</p>

	18 TH MON	19 TH TUES	20 TH WED	21 ST THUR	22 ND FRI
	<p>A) Braised noodle with sliced beef or chicken & garden bean Sautéed mixed veg</p> <p>B) Tuna, egg, potato sandwich with sauced egg Sautéed mixed veg</p>	<p>A) Sautéed tofu with shrimp Sautéed cabbage with tomato rice</p> <p>B) Hainan chicken rice (boneless leg meat) Sautéed cabbage with tomato</p>	<p>A) Braised beef or diced chicken (with bone) with tomato and potato Poached broccoli</p> <p>B) Japanese maki with chicken nuggets Poached broccoli</p>	<p>A) sautéed shredded beef or chicken with bell pepper sautéed cauliflower Rice</p> <p>B) Beef or chicken spaghetti sautéed cauliflower</p>	<p>A) braised chicken wing in soya sauce Sautéed tomato with egg</p> <p>B) Japanese tofu with minced beef or chicken Sautéed tomato with egg rice</p>
	25 TH MON	26 TH TUES	27 TH WED	28 TH THUR	29 TH FRI
	<p>A) Pan fried beef dumpling Sautéed garden bean Rice</p> <p>B) Pan fried chicken chop Sautéed garden bean Egg fried rice</p>	<p>A) sweet and sour chicken Lettuce in oyster sauce and mushroom rice</p> <p>B) Sautéed noodle with beef /chicken and shrimp Lettuce in oyster sauce and mushroom</p>	<p>A) Sautéed shredded beef or chicken with Chinese pancake Diced cucumber and corn salad</p> <p>B) Deep fried chicken wing with potato wedges Diced cucumber and corn salad Dinner roll</p>		<p>A) Braised chicken Beijing style Sautéed potato with tomato rice</p> <p>B) Sautéed beef or chicken sausage with fried egg Lettuce salad with thousand island dressing</p>